

Word of the Year 2026 — Takeaway Sheet

Why choose a word for your year?

Because intention beats perfection. A single word can anchor your energy, inspire your choices, and gently nudge you back on track when life feels like it's zigzagging.

Word Discovery Prompts

Use these to help guide your heart (not just your head) toward the word you need most in 2026:

- What kind of energy do I want to carry with me this year?
- How do I want to feel more often?
- What's something I'm craving more of?
- What season of life am I stepping into?

Word Clusters to Spark Ideas

Pick one that lights you up or mix & match to create your own!

Growth Words

→ Bloom, Expand, Rise, Evolve, Stretch, Courage

Peaceful Words

→ Calm, Ease, Flow, Steady, Soften, Breathe

Bold Words

→ Brave, Loud, Spark, Fierce, Leap, Unapologetic

Rooted Words

→ Grounded, Nourish, Home, Center, Settle, Grace

Joyful Words

→ Delight, Shine, Laugh, Sparkle, Celebrate, Zest

Quick Tips for Choosing Your Word

- You don't have to get it "right." You can change it later.
- It's not about what sounds impressive—it's about what feels *true*.
- Try it on for a few days and see how it fits.
- Write it on a sticky note. Let it show up in your space (and your choices).

 **2026 Word of the Year:** _____